

Don't Talk to Me Like a Bitch.

July 14, 2015 | 719 upvotes | by [Whisper](#)

"Hi, I'm Noh Wang, and I think I'm a hopeless case. I'm Chinese, 5'1, 110lbs, a virgin, and hopelessly shy. Women never notice me, and I can't muster up the courage to talk to them. I've never looked anyone in the eye since I learned to walk. Every night I go home and soak my pillow with tears, hating myself for being me. I know I will never be Alpha, but can you please help me, or just tell me it's hopeless so I can kill myself (except I'm too much of a pussy to actually do it). I'm so miserable. Please help."

You are talking like a bitch. Don't talk to me as if you were a bitch.

I'm going to take a wild guess here, Wang, and say you were raised with an absent, uninvolved, or pussified father. Because you are speaking woman-language to me, and you are trying to get woman-help. You are trying to get me to rescue you. To fix your feelings. To dry your bitch-tears and tell you it'll be all right.

That's how bitches talk. Bitches talk like that because it works for them. If I see a cute little piece of girl crying and begging for help, my male protective instincts are going to kick in. I'm going to feel some sympathy, and maybe pick her up, dust her off, and parent her a little bit, teasing her for being so upset at this silly little problem, and here's what we're going to do about it. Then I will fuck that bitch so deeply that whoever pulls me out will be declared King of All England and Scotland, and things won't seem so bad anymore.

That's men are wired. **Bitches talk like that because it works for bitches.** If they cry, big strong Vikings like me come along and give them a big helping of Alpha male attention and Alpha male cock, after which they have nothing to cry about anymore.

And bitches taught you to talk like that because they are bitches and that's what they know. Bitches aim for sympathy because it works for them when they do.

But you know what you get if you talk to me like a bitch? Contempt, that's what. You disgust me. It's as sickening as if you had put on lipstick and a dress. Because you are not a cute little piece of girl, **you are a man. And you sicken me when you don't talk like one.**

The first thing you need to do, Wang, is talk like a man. **Don't aim for sympathy. Aim for respect.** The bitches who raised you never taught you to aim for respect because they don't know how, and it doesn't work for them anyway. Of course they don't do it. A bitch aiming for respect is as disgusting as a man angling for pity. It's as sickening as if she had stopped shaving her legs, put on a false mustache, and started swearing like a sailor. Bitches get sympathy. Men get respect. Drill that into your fucking skull, Wang. I know you have very little to brag about right now, but **if you do not strive for my respect, I will not help you.**

So if all you have is pain, then impress me with how manfully you bear it. Take responsibility. You have a long road ahead of you, but show me you're ready to pick up your fucking backpack and march, and I will point you in the right direction.

Tell me this:

"Hi, I'm Dam Sun, and I've got a shit-load of work to do. I'm Chinese, 5'1, 110lbs, a virgin, and hopelessly shy. Women never notice me, and I haven't yet mustered up the courage to talk to them. I don't look people in the eye, and I have a lot negative self-talk that I need to fucking stop doing. I've read the sidebar, and I know many of the places I need to go, but there are so many things to fix that it's hard to know where to start. What I think I need is a set of easy intermediate goals, a few homework assignments

to get me started. So I'm asking for suggestions."

Now **at least you're talking like a man**. I'll still kick your lazy ass for being lazy and needing your hand held, because *I came up with this shit and did it when there was no TRP at all to help me*, but at least that kick will be a force pushing you in the right direction. At least you'll be worth berating, which is a start, and more than you'll get from talking to me like a bitch.

Better yet, read the fucking sidebar, lurk TRP and askTRP, work on yourself as if you were just another man who needed the standard advice and not a custom program, and, a year later, write me this:

"Hi, I'm Long Wang, and I've made some progress I need to know how to capitalize on. A year ago, I was a 5'1, 110 lb Chinese guy with severe shyness. I read the sidebar, went into monk mode, started lifting, cut sugar out of my diet, did a cycle or two of Test-cyp and Tren, practiced talking to strangers. Now I'm 5'1 and 160 lbs and ripped, and I can look people in the eye and talk to them. I've started seeing women's eyes sparkle when they look at me, but I don't quite know how to turn attraction to lays. Any advice on good resources and tactics for sealing the deal?"

Then you'll have my respect.

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Comments

[deleted] • 206 points • 14 July, 2015 08:34 PM

Sometimes the only real advice is "quit being such a fucking pussy." When you first start out, yeah it's fucking hard. Yeah it's confusing as shit. Yeah there's pain. That's because you're a fucking pussy, doing shit that men do. Of course it's going to hurt a bitch at first! You should fucking relish in that pain. That pain is the feeling of becoming a man, one fucking step, one rep, one day at a time.

Something I experienced that was sort of touched on in the OP is feeling like you need a personalized plan or whatever. Feeling like you're that fucking behind, so pathetic that you need your own plan. But the shit works just the same for everyone. Hard work equals respectable results, end of story.

fitnesstested • 13 points • 15 July, 2015 05:42 AM

And remember.

Women dont want pussies because they already have pussies.

[deleted] • 35 points • 14 July, 2015 09:57 PM

[permanently deleted]

Kingoffistycuffs • 20 points • 14 July, 2015 11:05 PM

I really prefer to tell people who bitch to much " have you taken your tryactin this morning?" "What's tryactin?" "Try acting like a man!" Another favorite of mine is (bitching person) cry wine wine cry, look him right In the eye pinch your hand then tell him/her " nope doesn't feel like I care about your problems!" Then laugh at them.

rpkarma • 17 points • 15 July, 2015 03:52 AM

Typical one from my dad was "I'll get you a shot glass, have a shot of concrete and harden the fuck up"

xwm • 3 points • 15 July, 2015 12:28 PM

My dads were: "Life sucks and then you die." Or "shit happens, get used to it."

CAPTQUANTRILL • 2 points • 16 July, 2015 04:08 AM

"Lifes a bitch, and then you die."

-The great poet Mac Dre

[deleted] • 1 point • 24 August, 2015 09:19 PM

Reminds me of this:

http://vignette1.wikia.nocookie.net/candh/images/8/8e/Character_Building.png/revision/latest?cb=20120813020638

tuxedoburrito • 3 points • 15 July, 2015 12:58 AM

I love the first one.

Tryactin by Novartis Pharmaceutical Company.

[deleted] • 5 points • 15 July, 2015 01:15 AM

When I was going through my apprenticeship, I was asked to do something I hadn't done before but could probably figure out.

It was quite the feeling to be told "I don't need to know how you do it" by a journeyman when I asked how I should do it.

I sat there bewildered for a few moments. I thought. And then I walked away and did it. I only got one thing wrong, and I was actually pretty elated afterwards.

Buchloe • 7 points • 15 July, 2015 08:31 PM*

That hits home. I'm always asking how I should do things. But the people I ask only know because they figured out how to figure it out. It's a hard thing to change, but the more construction/craftsman type work I've had, the more I realize I actually know a lot of shit and am developing that ability to figure it out on my own. There's nothing quite like using my brain and figuring out how to do an awesome job, and then have people be like damn, good job.

One mental framework I've been playing with is to consider my employer my client. Even though I'm an employee, I'm basically running a service business. He's paying me for my service. He's my customer. He wants a certain thing, and it's my job to provide value for my client. You don't necessarily ask your customer how to do the task. You ask them what outcome they want, and then you figure out how to deliver better, cheaper, faster, and more unique than your competition.

TheDialecticParadox • 3 points • 15 July, 2015 01:53 AM

This is a good way to teach. Figuring things out on your own is always the most educational and rewarding means of learning a new skill, and then having someone casually assess the end product and tell you what needs to be improved helps you perfect that skill.

[deleted] • 1 point • 15 July, 2015 01:57 AM

Yep, there's a point where that becomes the best way to do it.

tuxedoburrito • 41 points • 15 July, 2015 12:53 AM*

When I first started lurking here in April, here was where I was at.

I had a total victim mentality. I was a nice-guy in romantic relationships. I weighed around 155 lbs. I lived in another part of the country. All of my friends were nice guys who were married already (I'm 24). I was looking for masculine growth. I remember specifically saying that I was wanting to find out how to be a man and not just a good guy.

Some girl criticized TRP on a sub. I didn't know what it was and tried to check it out.

I started reading. I read No More Mr Nice Guy, then Models. Couldn't put them down.

The following weekend at work I stood up to the cooks. Then to my boss. He was going to ask me to become a manager at the new store, but instead I was DEMOTED for standing up for myself for something. I literally didn't care at this point, he said the offer is still there if I worked hard again. Instead I just turned in my two weeks and moved to another part of the country.

I moved. I started lifting. Since then I'm at 166 lbs (~~Not much progress but hell, i'll take what I can get~~)

I'm about to ask my boss the steps I need to take for the promotion I'm going to TAKE at work. They aren't even looking at me for promotion yet as the new guy, but I'm going to take it.

My entire mentality has changed. I'm spinning plates. Sometimes it hurts to grow. It always does. Lifting

weight every day sucks sometimes, eating right sucks sometimes. But it's worth it if you work it. All my new friends are like minded. I left my old life behind and became reborn. I still talk to my old friends sometimes, but it's hard to relate with them often with their nice-guy mentality. Some listen when I mention TRP tactics, others don't. Because they're already settled down and have become BB-providers.

BUT

Here's the thing

my first week here hurt. I got butt hurt, upset. Then I had to realize, you're in the fucking locker room. Man up. Sometimes the best advice GENUINELY is to just stop being a pussy. You came here looking for men to act like men, right? What were you expecting? First recognize that we aren't going to hold your hand. If you want it, then take it. Stop acting like a b.

EDIT: I'm damn proud of the weight I've gained and the progress I've made.

[deleted] • 20 points • 15 July, 2015 01:23 AM

Your post is, for me, pretty much the poster-child of what this sub is.

For me, TRP came during a rough spot in my LTR. We were talking about separating again. I was going through my apprenticeship and had a pretty harsh jman. I couldn't afford shit, being on an apprentice income. I had gone from being an immense success until I was about 27 to being in that place at 30. It was depressing and everything was ruining me.

I was surfing reddit, and someone mentioned TRP on 2XC as being this woman-hating sub, and someone else had countered that it wasn't. So I went and checked it out.

My LTR and I are doing well today. We had burgers and corn for supper, gave eachother a backrub. I'm up from 155lb to 170lb today in the last 2 years. It's not fast gains, but it helps. The leg-up that saved our relationship was me remembering myself and starting to man-up again.

tuxedoburrito • 1 point • 15 July, 2015 01:45 AM

That's awesome man.

I actually am prettysure it was 2XC that brought me here.

It's funny how much good has come from bashing this sub.

Do you want to increase your gains? Try SL 5x5 or starting strength. Along with that, just eating a lot (3000+ calories a day, 150 minimum protein g a day) and taking creatine can boost your gains like crazy. Check out /r/bodybuilding , /r/fitness is good but just mostly for beginners. If you want to gain size and strength, check out /r/bodybuilding .

SuckOnMyBigRedPill • 6 points • 15 July, 2015 01:46 AM [recovered]

Your edit is the most important thing you wrote.

xwm • 5 points • 15 July, 2015 12:33 PM [recovered]

It really is. I get written to a lot for advice from people I've helped on asktrp, and this is the number one thing I correct for them. Fucking cut that that self depreciating bullshit out. What good do you think it is doing for you?

TheRedThrowAwayPill • 6 points • 15 July, 2015 11:54 PM

So **thaaaaats** why I sometimes find r/MensRights is so annoying

DuncanMonroe • 0 points • 15 July, 2015 08:17 AM

Maybe he's transginger and needs a sex change

pahispua • 85 points • 14 July, 2015 11:52 PM*

Yeah if you've never even lifted before don't fucking go on tren, don't go on test c e or p or any fucker else until you have at least a year of actual strength training (5x5) under your belt because under a heavy cycle you will gain so much strength and mass as a beginner there's no way your underlying physiology (tendons, ligaments, fascia, etc) will be able to grow and adapt and you will have a 1 way ticket to snap fucking city. Also do some research into PCT so you don't end up like a snapped up bitch with literal breasts.

I've had too many dumbass friends and seen too many retards at my local gym just start lifting and hop on a cycle a month into training and it doing nothing but shit for them because they haven't even understood the basics of training and nutrition first.

OP is just posturing and roleplaying as some sort of hero alpha by being blasé but there's nothing alpha about hobbling around on crutches. I'm not antisteroid btw, they can be fantastic tools for experienced lifters who have their shit sorted.

[deleted] • 22 points • 15 July, 2015 01:51 AM

[permanently deleted]

tuxedoburrito • 2 points • 15 July, 2015 04:40 AM

Would you reend a year of training before creatine as well?

SuckOnMyBigRedPill • 17 points • 15 July, 2015 06:09 AM [recovered]

Creatine? Fuck no, shove that in your mouth asap. Creatine is safe as balls (and effective), it's been through countless studies.

Expect to put on a bit of water weight for the first week or so though.

pahispua • 5 points • 15 July, 2015 06:39 AM

3-5g every day don't worry about loading or cycling or anything. Expect to it to make you a bit thirstier and to gain a few lbs of water weight. Worth it though.

tuxedoburrito • 3 points • 15 July, 2015 06:54 AM

Don't load?

I took it today before I went rock climbing and my personal record is climbing an 5.11b once.

I climbed three of them tonight!

Does the water weight go away?

pahispua • 3 points • 15 July, 2015 07:36 AM

Loading is what some people recommend (basically taking 10-20g a day for the first week). It isn't necessary really. No the water weight will stay with you as long as you continue its use. It's a highly individual thing however varying from 0 to 4-5lb weight gain from water. Most people seem to report 2-3lbs.

Congrats on your climbing PR!

tuxedoburrito • 2 points • 15 July, 2015 07:41 AM

Thanks man. Is the water weight like the muscle weight that you gain or will it be like losing tone in your abs?

Also it feels really good man. I had other men and lots of girls asking me for advice on climbs and coming to talk to me. I felt like I was in the big game finally.

xwm • 1 point • 15 July, 2015 12:38 PM

It takes a few weeks to a month to build up properly. It isn't some immediate effect. After that if you discontinue you will lose a little bit of muscle swell.

randomuserwot • 8 points • 15 July, 2015 10:00 AM

Only take Tren if you're a stable person. Otherwise you will murder someone.

Xfapster • 7 points • 15 July, 2015 04:22 AM

"snap yo shit up"

Great advice. Too many guys forget about the connective tissue and bone strength/structure.

There is some truth to the common worry of strength training noobs of gaining "too much muscle"

You've got to have a solid foundation that can hold the muscle before you get too carried away. You'll end up hurting yourself sooner or later, and you'll most likely look strange carrying a ton of muscle on weak frame. Not to mention it won't be as functional.

[deleted] • 11 points • 15 July, 2015 06:14 AM

Came in here to say this. Don't do fucking steroids if you haven't even been lifting for 5+ years. Take advantage of your noob gains while you have the chance.

desylid • 1 point • 15 July, 2015 10:42 PM

Claiming you need to wait 5+ years is ridiculous. It doesn't take anywhere near that long to strengthen your joints and learn proper lifting technique. Noob gains start disappearing after a few months of heavy lifting.

The body can take a heavy amount of physical stress after only a few months of training in brazilian jiu jitsu or boxing. People are ready for entire marathons after mere months of running.

I can't think of any reason why "5+ years" is any different than several months of serious weight lifting before the body is prepped adequately for a cycle.

[deleted] • 1 point • 15 July, 2015 10:59 PM

Have to disagree with you on the noob gains falling off after about a few months, noob gains usually go for around a year or two.

The reason why I say wait 5 years is mostly because steroids is a HUGE commitment for the body. Even if you do your research flawlessly and practice these methods even better, you are still damaging your body (depending on which steroids you use of course). After 5 years of lifting and actually achieving a nice physique, you'll truly realize what you actually want.

Do I really want to risk my body's health just to look a little better? I already achieved my goal and

then some, do I really need this?

Just my two cents, I've been lifting for about 4 years now. I started off 6'2 165 (skinny as fuck) and was obsessed with the thought of using steroids. Now, after almost 40 lbs and a deeper understanding of my wants and needs pertaining to my body, I don't even think twice about using them.

Fukkthisgame • 1 point • 16 July, 2015 09:13 AM

A cycle of test isn't gonna kill you, bud. Dose reasonably and consistently, run a solid pct with hcg and you're golden. It shouldn't take more than a couple of years to have great form and a solid foundation, and after that, there's absolutely no reason not to try it.

ARedSchoolofThought • 2 points • 15 July, 2015 06:46 AM **[recovered]**

To follow up on this great comment: deca durabolin is a suitable alternative to those not looking to take the father of all steroids, Tren, to start with. You will not need a serious aromatase inhibitor to avoid gynecomastia and other unwanted side effects. Edit: Forget to mention, if you can't afford a PCT, you can't afford steroids.

Born_of_a_broken_man • 1 point • 16 July, 2015 05:47 AM* **[recovered]**

What kind of little faggot does PCT?

edit: since i got down voted i'll elaborate... PCT is a ridiculously dumb thing for anyone looking to do steroids for more than a year to do. There are entire forums dedicated to how the idea of PCT is worse for you than it is good for you. Blast and Cruise unless you're just doing one cycle. I'll elaborate EVEN MORE if anyone cares, just lmk lol

DuncanMonroe • 1 point • 15 July, 2015 08:28 AM

Doesn't using steroids fuck up your hormones?

randomuserwot • 3 points • 15 July, 2015 10:04 AM

That is what aromatase inhibitors, prolactine inhibitors and PCT are for. That being said, if you're lean you can usually run aromatizing roids standalone without any estrogen control. The more bf%, the more estrogen side effects will occur. PCT is always required. During PCT, Sarms may be added, such as Ostarine at 10-20mg ed, alongside a SERM.

[deleted] • 24 points • 14 July, 2015 09:18 PM

Making excuses ensures self-defeat. Accepting responsibility for all of your shortcomings and learning how to mitigate them is the acme of success.

[deleted] • 34 points • 14 July, 2015 09:48 PM

Very often the very best advice you can give to a man is:

Suck it up, pussy.

lrph00 • 14 points • 15 July, 2015 01:09 AM

This reminds me of when I was about 5 or 6. I was at a friend's house who was the youngest of 6 boys. I don't know exactly what happened but I hurt myself doing some shit and started to cry. His older brother came and and said what I'll never forget "take the pain, take the pain". Next thing you know it really didn't hurt.

fuckeh • 6 points • 15 July, 2015 02:41 AM

Some people will never learn that. They suffer in some way and basically cry until it passes. Suffering is a part of life, you can't avoid it just learn how to deal with it and become stronger.

Redpillc0re • 7 points • 14 July, 2015 10:54 PM

The problem with this kind of thinking is that its reinforced by the "general culture". Everyone s talking about victims, wants to be one, wants to help one. This boy probably thinks it's unfair that life treats him like that. He doesn't realize life is generally fair, it's his perception of what is fair that's wrong. Praise the gods you're alive motherfucker, the rest is *your* problem.

sarsar2 • 9 points • 15 July, 2015 02:08 AM

I think many betas haven't learned a simple lesson in life: we live in an imperfect world where your agency has, most often, the only real impact in your life. You can cry about not getting what your entitled to, how bad things are, etc., but (and this goes 100x more for men) until YOU make a change there will be no miracle to come save you. Hard truth is that the world genuinely does to on... until you stop spectating your own life and actively work to make it better shit will stay the same.

Mind you, this applies to everyone, not just RPer since I see people here who are content with just being fit or just getting pussy. There's more to life than that, especially for males. Go educate yourself, go be a pioneer in a field, go help the poor, etc. never ever be complacent or you're fucked.

animalmind • 1 point • 15 July, 2015 06:01 AM

That's a lesson I'm learning. I had no self-efficacy.

Benjruba • 33 points • 14 July, 2015 11:25 PM

I don't fucking get it? So much shit on TRP is contradictory. I just read 'One key step to not giving a fuck', it basically says other people are nothing, YOU are nothing. So why should I care to get someones 'respect' when they are fucking nothing? This is how I've been living my life, a wolf riding alone. You don't need to get anybodies respect. Do whatever the FUCK YOU WANT. Don't fucking live for someone elses approval. I don't give a shit if this is how it is in the locker room, when it comes to girls you actually don't need anyones respect. Most guys I meet today turn to fucking haters, the ones that are cool and have their shit together/confidence etc don't fucking hate. In fact they live life not giving a fuck either.

Fuck respect.

hatertauts • 15 points • 15 July, 2015 06:50 AM

Here's the thing. Not giving a fuck is all well and good for shit that's not important. Not giving a fuck is brilliant when we're discussing people who don't matter. But there are people in life who do matter. These people may be masters of your trade/craft, they may be people who you can learn from, or people who control your trade. It may be that these people are your customers. It may be that these people are your fellow men whose respect you must earn if you wish to be a part of a society. It may be women whose respect you earn simply by acting like a man. If people don't respect you, you get handouts not a place at the table, make sense?

bluedrygrass • 0 points • 15 July, 2015 11:51 AM

Still contraddictory. Right yesterday there was that post on how to deal with an high count sister.

The general consensus was "fuck the man who's gonna fall victim of her, don't respect him, tell him nothing, may he die in a fire".

So, how's the deal? "You need to respect" but "you need not to respect", you don't owe anyone anything yet without the help of a trp man you would still be in the same position?

A lot of trp views and tehories are conflictual and self-contraddicting.

hatertauts • 2 points • 15 July, 2015 12:56 PM*

You're conflating TRP with reactions to TRP. TRP itself is simply the set of maxims detailing the very real differences between most men and most women. The philosophizing done by Rollo and Illimitable are both a means to understand this truth by way of induction from examples in life experience and deduction from the maxims we gain from the inductive process.

TRP views are the inevitable reactions to the aforementioned maxims. These maxims have been effectively propagandized against and ridiculed. Thus the reactions are often incendiary as men find their own interest has often been ignored in favor of the feminine. These reactions are varied which is where you find the contradiction.

As to this particular case, let me put it this way: some people are worth respecting some people are not. Those people who are worth respecting are the same sort of people whom you should strive to be respected by. Nevertheless, you should also strive to be worthy of respect by all others, as a human being (intrinsic), a moral being (if you are so inclined) and as a man (earned). You do owe people, but you don't owe everyone. For the people who you owe, understand the debt and pay in full. As for the other post. Check it again. The top posts reflect the consensus and those posts are not as you describe. The IDGAF attitude is generally either dishonest, pragmatic or genuinely apathetic. Which one do you want to be?

Finally, fucking learn to type.

xwm • 1 point • 15 July, 2015 12:45 PM

How is the sisters husband someone that earns my default respect? Someone who is a mma fighting master earned my respect for his hard work and discipline. More so if I want to learn from him. Attorney general of the us is a position that is difficult to get and demands respect. The guy who happens to be nailing your sister the town bicycle? What has he done to earn my respect? I have to respect someone before I care enough to give them respect. A firm handshake and seeing him take care of his shit goes a long way towards that.

Yes trp can be contradictory at times because different situations call for different responses, but this is not one of them.

roteroktober • 1 point • 15 July, 2015 01:45 PM

Don't you understand that you should respect some but not all? What's so complicated about it? Don't see everything in black and white.

[deleted] • 3 points • 15 July, 2015 07:43 PM

TRP isn't a Meal 1 To Meal 5 rigid form meal. TRP is an open buffet from which you sample everything and keep what works.

RedPillscientist • 2 points • 15 July, 2015 09:34 AM

If we lived life in a vacuum, others don't really matter. But like these other posters said, to function in society we must earn respect or you'll be a social outcast. The trick is to not give a fuck about the respect of insignificant folks, but want the respect of those that could better your situation...

be it a teacher that has the knowledge you seek, or a customer who you wish to sell your product. The only person who can afford to not need respect to still have their way is someone with tremendous power. Like Machiavelli said, "it's better to be feared than to be loved, if not both".

Benjruba • 1 point • 15 July, 2015 11:52 AM

You act in your own self interest, and let the chips fall into place. If you strive to be the best version of yourself you will get some peoples respect naturally. Whilst others will still be hating little lowlife trash, jealous of your success and endeavours. I'm saying striving for someone else's approval/respect is a disgusting & needy fucking thing to do, we as men need to avoid it at all costs.

Even your boss, there is a way you talk to another man that doesn't put you in 'bitch' stance even if they are the masters of their craft and you need their help. If you strive for their 'respect' you are automatically coming from a needy place.

This example will probably make your eyes crawl to the back of your head, but take Jay Z and Kanye West. Kanye was the young one, Jay Z was the incredibly successful /richest rapper alive. Kanye didn't strive for his respect, even when he needed his help. He still acted through integrity. You can see what I mean if you look up some old interviews.

BroflexMcMansteel • 2 points • 15 July, 2015 02:56 AM

In this case the kid is asking for help while being a bitch. If you need help, which we all do from time to time, the person helping you needs to respect you. If you want real friends, they need to respect you. And wanting approval from the people you respect is very different from wanting the approval of strangers and women.

animalmind • 1 point • 15 July, 2015 05:38 AM

I think that depends on where you've been. I'm going to help someone in some way, even if I don't respect them in the sense you're talking about, because I've been where they are at.

gprime312 • 2 points • 15 July, 2015 08:21 AM

I think the key point there is empathizing with them.

riverraider69 • 1 point • 15 July, 2015 07:36 AM

Well, if you get to the point where you can be your own men, good for you. But if you're asking for help you're not there yet.

Also respect is pretty much the coin in men-world. Unless you're aiming for monk mode for life you're going to have to interact with people, and knowing when to be a whiny bitch and when not is pretty useful.

bluedrygrass • 1 point • 15 July, 2015 11:54 AM

Also respect is pretty much the coin in men-world.

Yet another basic point of trp's general teachings, like the 48 laws of power etc., is "fuck any other that isn't you, use other men to your advantage". If that's it, then respect is nothing valuable, only a facade behind which you wait to strike the lethal blow.

[deleted] • 1 point • 14 October, 2015 09:46 AM

It's simple.

You don't care about the opinion of any one particular person.

But when everyone around you says the same thing about you, they're probably seeing something that you're not seeing.

Wanting respect, at its base, is an instinct. Like the instinct of life.

If you don't want respect, fine.

If you're a guy, you probably do. Being respected feels good, feels strong, feels in control.

yummyluckycharms • 7 points • 15 July, 2015 12:54 AM

Even Odysseus needed a helping hand and advice to get home - and certainly modern men are in more trouble than he was.

Part of being a man is helping other men who need help - even if they don't always know how to state their problems. If someone asks for help, even if it's clumsily done, why not show some balls and help them.

After all, being a leader doesn't just mean helping those that know what they are doing already, it also means helping those who have no idea where to begin in the first place.

bicepsblastingstud • 3 points • 15 July, 2015 02:33 PM

If Whisper didn't care about helping these guys, he wouldn't have written anything at all.

DeathByTeaCup • 7 points • 15 July, 2015 01:40 AM

160lbs at 5'11 is meatball status, and unless your frame is wide as fuck, probably won't look aesthetic.

collidoscope • 4 points • 14 July, 2015 11:53 PM*

I came to this subreddit because I realized I don't know what men are like. I only know what women are like (because it's celebrated) and I know all of the evil things men do (because it's all over the news and media). I can't remember the last time I heard a negative thing about women or a positive thing about men on the Internet outside of TRP.

And all of this celebration of transpeople and feminists and rape hysteria makes everything ultra confusing. Am I being a bitch? Probably. But I find it hard to align my compass when the world is so fucked up.

bicepsblastingstud • 3 points • 15 July, 2015 02:37 PM

Some good books about masculinity:

The Way of Men by Jack Donovan

Gates of Fire: An Epic Novel of the Battle of Thermopylae by Steven Pressfield

Iron John: A Book About Men by Robert Bly

The Odyssey by Homer (and probably the Iliad, but I haven't read that one yet.)

akrebsie • 2 points • 15 July, 2015 12:21 AM **[recovered]**

read some Jack London, watch the Grey. There is media that respects and appreciates men and if you can see it and understand the struggles and the sentiments then you can appreciate it.

_Stardog • 3 points • 15 July, 2015 12:28 AM **[recovered]**

I've always had a hard on for Hemingway's writing. Give that a read too.

SuckOnMyBigRedPill • 1 points • 15 July, 2015 02:03 AM **[recovered]**

Got many (loyal) male friends? I had literally none before reading TRP. Develop some if you can (sports clubs are an easy way).

Male friends who you develop a bond with give you more happiness than a million women ever could. Im convinced male friendship and "brotherly love" is what life is all about. Someone to shoot the shit with, have fun with, share deep discussions with (women are hopeless at philosophy/empathy/intelligent debate/etc), someone to be vulnerable with every now and then (dont ever try being vulnerable with women, never works out).

collidoscope • 2 points • 15 July, 2015 02:17 AM [recovered]

Yeah, that's something I've gotten better about in the past few years. In LA it's tough to find a core group of friends because if your friends live far away you'll never see them. Traffic rules above all.

I've made some good friendships in the past few years. It's taken me a while to adjust to what "adult friendship" means. It doesn't mean hanging out with the same people every day after school or in the dorms. It means maybe hanging out once a week/month/few months because everyone is busy.

Real friendships take a while to cultivate and sometimes they can disintegrate before your eyes in a place like LA (if there is another place like LA).

I'm moving across the country at the end of next month. It will be interesting to see how I go about making new friendships once I'm back in my home state. I will be happy to be in a place where everyone I know isn't starving and/or striking it rich and working 24/7 because they never know when their career will hit a wall.

CowardlyPetrov • 11 points • 14 July, 2015 09:57 PM

You did dry my tears, with sand paper. And I love you for it.

[deleted] • 4 points • 15 July, 2015 12:20 AM

If he runs some quality gear, hits the protein and eats clean, hits the gym hard 5 days a week, then maybe he'll be 5'2" and ripped in a year. Every RP er should be working towards this to some extent. Leave metro sexual to the BP s.

[deleted] • 1 point • 15 July, 2015 03:37 AM

What gear makes you taller? I mean I know if you hear up during puberty it can make you taller but that ship has sailed. PS I seriously want to know, because everyone can use another inch.

[deleted] • 1 point • 15 July, 2015 07:12 AM

I dont have access to that info. But it shouldnt hurt. Thats why I said maybe.

bicepsblastingstud • 1 point • 15 July, 2015 02:39 PM

If you're out of puberty, nothing can make you taller.

Wear boots.

[deleted] • 1 point • 15 July, 2015 10:17 PM

They are referring to the period before epiphyseal closure.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4383300/pdf/IJE2015-165215.pdf>

biz20 • 7 points • 14 July, 2015 09:04 PM [recovered]

"Why can't I get pussy?"

because you're asking that question.

KimJongSkill101 • 8 points • 14 July, 2015 11:37 PM

Philosophy, lifting, and screwing fat women are how I turned into a man.

My side effect is that I'm so used to seeing fatties naked now that I think its normal. I inadvertently turned myself into a chubby chaser.

Fatties that do real strength training at the gym, and have their lives together get my respect. Most others are drama queens and worse than thin ones.

Xfapster • 3 points • 15 July, 2015 04:27 AM

haha pretty much same for me man. Good to know I've got some company on this front cuz I feel pretty lonely on RP when it comes to that.

KimJongSkill101 • 3 points • 15 July, 2015 05:04 AM

Isn't it amazing how entitled even fatties are?

Xfapster • 3 points • 15 July, 2015 05:30 AM

It used to be amazing.

Now It's just normal to me....

It is what it is, and I've learned to adapt to the new normal.

IndianGainzDance • 15 points • 14 July, 2015 09:22 PM

+1 for Tren

Shit will make you a ruthless, depraved slayer of ladyboys in 4 weeks flat.

Fawby • 7 points • 14 July, 2015 10:04 PM **[recovered]**

Would you kindly explain ; what is Tren ?

Mr_Zarika • 16 points • 14 July, 2015 10:22 PM **[recovered]**

Tren is an anabolic steroid. It's probably one of the most powerful growth hormones, originally for livestock in the 1960s. Through cutting or bulking cycles, you will see tremendous growth. Literally every cell that trenbolone acetate touches is affected. You basically will be bigger with more lean mass than is at all possible through regular diet and exercise.

A side effect is that you're going to be more horny than you can imagine. Like, constantly fucking anything that moves.

[deleted] • 1 point • 24 August, 2015 09:33 PM

Any other, more serious side effects?

therealduffmiver • 11 points • 14 July, 2015 10:29 PM

Trenbolone, a steroid with common mood altering side effects like extreme aggression and being so horny you fuck lady boys - highly effective but generally considered a bad starter cycle.

bigmaninjapan • 4 points • 15 July, 2015 06:09 AM

Just wondering about some misinformation. A lot of you guys are saying that it increases your libido massively... While at least according to steroid.com, one of the side effects is a DECREASED libido. What gives?

epixs • 3 points • 15 July, 2015 12:38 PM

Some of these people just don't have as much experience. Long term tren use causes progesterone increase which leads to lowered libido. You are still getting erections if aroused, since your test:estrogen ratio is normal (hopefully if your taking an AI and a test base), however the progesterone based mechanism affects dopamine signals and lowers them. This is the reason most people will take cabergoline/dosinex or prami as dopamine antagonists to help with the prolactin side effects.

[deleted] • 20 points • 14 July, 2015 10:54 PM

Of all steroids I've researched it's the one I'd recommend the least. I ended up settling for none.

RedditArgument • 3 points • 15 July, 2015 12:08 AM

Care to go into more detail why? I know next to nothing about it and I'm sure I'm not alone.

IndianGainzDance • 22 points • 15 July, 2015 12:46 AM

On one end of the scale, you have testosterone. Test is your basic anabolic steroid for muscle growth. All steroids come with certain side effects, but test has the fewest and is the most stable compound. This is because test is naturally produced within your body. All anabolics are derivatives of this hormone. Testosterone is like the guiding, loving father of steroid usage that helps you along through your gainz journey at a solid pace.

On the complete other end of the spectrum, you have Trenbolone. Trenbolone was the first "designer steroid", synthesized for cows to drive the growth of lean muscle and minimize the amount of body fat on the steer. Tren has numerous side effects, including sweats, insomnia, irritability, levels of confidence that border on the insane, a libido that is so insatiable that you will begin to want to fuck anything that moves, and last but certainly not least, massive gains. Tren is like the alcoholic uncle that just finished his fourth stint in rehab that's crazy enough to make you think that you "probably should" go ahead and take that 14th shot of whiskey and that fat landwhale in the corner definitely needs love too.

You can pick your poison but I'll take Uncle Tren any day of the week. YMMV.

[deleted] • 1 point • 15 July, 2015 12:49 AM

/r/steroids. Search for it. You are highly likely to act irrationally and do stupid things.

ManowaR1488 • 6 points • 14 July, 2015 10:11 PM

Tren

A steroid

Ronin11A • 2 points • 15 July, 2015 01:50 AM

Trenbolone acetate. Potent anabolic steroid.

[deleted] • 10 points • 15 July, 2015 12:49 AM

[permanently deleted]

[deleted] • 3 points • 15 July, 2015 02:21 AM

Tren will help definitely, but unless you have the underlying motivation and work-ethic, you're just an

image of a real man, not a real man. Women will catch on pretty quick

tuxedoburrito • 2 points • 15 July, 2015 01:02 AM

Although I agree with the point in this, real men work hard and get it done without needing to cut corners, I think Bruce Lee is a bad example. I have about the same body as Bruce Lee currently. I fill out a size Medium, I lift and exercise almost every day, but I still wish I was way bigger.

Ibex3D • 1 point • 15 July, 2015 04:16 AM

Theres only so much growth that can be accomplished though. Sometimes steroids are needed if you want to be extraordinary.

[deleted] • -1 points • 15 July, 2015 02:15 AM

[permanently deleted]

sardinemanR • 6 points • 15 July, 2015 02:24 AM

He was about 140 lbs. The max he bulked to was 165 when he lifted heavy for awhile, but he said it killed his speed so he dropped back down to his usual 140.

Dude was fast and believed in performance vs. aesthetics. I'm not sure he'd have used steroids, also I don't think he really lifted much either, especially outside that one window of time.

But that also shows you how you can't overcome your body. Lee had a small, Asian style body, he was limited in what he could do. He was never going to be a hulking 6'2 bodybuilder type that just intimidated people with size.

5'1 though, man, that's going to be rough. I did know a guy around that height, and he did pull pussy, but I don't think he ever touched a weight in his life either. Dude just had really tight game. Really impressive to me honestly.

TreePlusTree • 3 points • 15 July, 2015 01:42 AM

Just wanna throw out here, that kid you quoted in the intro absolutely has Aspergers, as do probably most the betas here. I do, shits pretty common these days.

Fortunately, I had a hard life growing up, and had to learn to socialize and adapt. Many of these kids are coddled, so their bitchness is entirely subsidized all the way to adulthood, where they're thrown outside as brilliant, creepy retards.

- inability to approach strangers, or start conversations.
- constantly thinking about what to say, not actually enjoying or participating in conversation
- childhood obsession with trains or dinosaurs
- looking people in the eye is either painful or highly uncomfortable.
- strong mathematics skills
- strong mental pain or discomfort when completing homework
- harsh violent or angry outbursts when frustrated, harmed, or facing unexpected complications, even minor ones
- small group of extremely close friends

If you had these symptoms, I suggest using this knowledge to see your failures and tackle them accordingly. Once you remove the detriments, you're strictly better than all other human beings.

Edit: Aspergers is usually accompanied by depression and ocd as well.

Whisper[S] • 2 points • 15 July, 2015 05:57 AM

Being a sperg is like being short. It's an obstacle, it makes things more difficult, it makes progress slower, but it's only an insurmountable roadblock if it becomes an excuse for not trying.

I've known plenty of spergs. Hell, I fucked one. And I did feel extremely sorry for her. If you think *male* spergs have it tough...

They can be awesome people once they acquire enough social skills to not be annoying. But some of them use spergness as an excuse, and start insisting other adapt to them, rather than vice versa. That way lies stagnation, and being forever surrounded by people who can't stand them, because they are constantly being socially obnoxious.

TRP is a very good place for spergs to learn. Because it's full of straight, literal talk about the things they need to know that no one else will tell them straight-up. Sometimes it takes them a little while to acquire a sense of proportion about the whole thing, get calibrated, but it's better than the rest of the world, which just drops hints and expects them to magically get it.

TreePlusTree • 1 point • 15 July, 2015 08:27 AM

Agree fully. We're all adults here, so I think at this point anyone who doesn't know what's in their head, holding them back, has the right to know. Awareness, at this point, is better than believing you're just magically incapable of social progress.

Aspergers mainly dissuades the afflicted from **attempting** to improve. If you understand that, it's hard to justify its use as a crutch. Once you start to improve, Aspergers can't really do much to you (aside from emotional responses).

BlueChilli • 1 point • 15 July, 2015 05:01 AM

Whats wrong with dinosaurs?

TreePlusTree • 3 points • 15 July, 2015 05:39 AM

They all suck, except stegosaurus. Fuck your T-Rex, fuck your Velociraptors that aren't even really Velociraptors, and fuck the fact that those aren't proper nouns so I shouldn't have capitalized them, Stegosaurus is the only dinosaur that doesn't suck fat dicks.

Jakshadows26 • 9 points • 14 July, 2015 09:50 PM

Dat King Arthur reference. Gold.

Transmigratory • 3 points • 14 July, 2015 11:33 PM

Telling them to stop being a pussy isn't the best advice. Sure it helps if the guy knows what to do but is just being a coward to bring his plan to fruition.

However, if a guy seriously doesn't know what to do. Then while we should say be a man, we should add how.

jatora • 1 point • 15 July, 2015 11:42 AM

Yes but how can you sound like a strong alpha male unless you tell other guys to not be pussies, and then proceed to talk about jamming your 'viking' cocks into females?

Transmigratory • 1 point • 15 July, 2015 10:21 PM

Just sound like a man when you tell them what needs to be done. Calling them a pussy, even though they're genuinely clueless makes you look like a guy with an inferiority complex whose trying to be as

alphafalpa as possible.

Guys talk about sticking it into females, regardless of their lingo. You need to be around more masculine cliques or crowds if this is something new to you -- you thought only "alphas" talk about this shit.

jatora • 1 point • 16 July, 2015 04:56 PM

I was more referring to his viking reference which seemed a little too full of himself, and his excessive need to appear alpha, which as you pointed out, points towards an inferiority complex and a need to compensate, as is common on trp. Jaded guys are around every corner here lmao.

IoSonCalaf • 9 points • 14 July, 2015 08:24 PM

The names you chose are terrific. Dam Sun!

Deaplurv • 10 points • 14 July, 2015 08:48 PM

Holy crap is it annoying to hear people blame their height... Yeah right like Tom cruise and al Pacino ever let their height hold them back. Or their race (ugh) like Bruce lee wasn't such a god damn motherfucking badass that we're still talking about him 40 years after he died. Like Russell peters doesn't pull ass. There are no fucking excuses! Period, full stop.

IoSonCalaf • 9 points • 14 July, 2015 09:06 PM

I'm 5'7" (170 cm) and people always think I'm taller than that because I carry myself with confidence and bearing. My broad shoulders and small waist help as well.

TamingDebt • 5 points • 15 July, 2015 12:23 AM

This is definitely a thing. I think I'm like 5'10 (don't really measure but nowhere near 6) and everyone assumes I'm 6 feet because of the posture and how I carry myself

fruxzak • 3 points • 15 July, 2015 06:57 PM

No, it's mostly because people can't eyeball the difference between 5'10 and 6'

LOL

TamingDebt • 1 point • 15 July, 2015 10:05 PM

Well yeah most people can't eyeball 2 inches but the point is most people think I'm taller than I am. I've never had someone assume I was 5'8

[deleted] • 3 points • 15 July, 2015 11:16 AM

I can agree with this. I'm the same height as you now, same height two years ago. Yet a woman that knew me well two years ago (we lost touch for a while) didn't recognize me a week ago when I sat *right next to her* for 20 minutes. It's not until I said "hey, you were in my workshop two years ago right" and she screamed in recognition (we were in two 7-week classes together two years ago). She said I looked much taller and much bigger (even though physically I'm the same). Amazing.

Lopsided_ • 21 points • 14 July, 2015 08:58 PM

There's a bit of a difference between 5'7" and 5'1" though tbh. At 5'7" you're taller than 85% of the female population whereas at 5'1" you're taller than 10% of the female pop.

TomDemian • 24 points • 14 July, 2015 09:27 PM [\[recovered\]](#)

That's why you gotta get an e-sports career going.

They don't care how tall you are when they're under your desk suckin your dick while you push a lane.

[deleted] • 7 points • 14 July, 2015 09:56 PM [recovered]

Hoes sucking my dick while I'm acing with AWP sounds nice actually, but I think I'll leave it as a hobby

oholandesvoador • 4 points • 14 July, 2015 11:30 PM

Freakazoid's already doing this.

[deleted] • 15 points • 14 July, 2015 09:05 PM

There are reasons for everything but they're unspoken. That's why we talk about them here on Reddit instead. A guy who's 5'6" is gonna have a tough time. If he's shorter, it's gonna be tougher. It's unspoken but it doesn't make it any less true. Some of these chicks will just not "see you like *that*" if you're below a certain height.

un-affiliated • 14 points • 14 July, 2015 09:32 PM

Yes, we all know height matters. What's left to discuss? If someone wants to cry about it, they can go to r/short and cry while sending each other e hugs.

It doesn't belong here, unless you're discussing solutions for dealing with height specific shit tests.

squarehead93 • 15 points • 15 July, 2015 12:19 AM

It doesn't belong here, unless you're discussing solutions for dealing with height specific shit tests.

This right here. If there's one thing TRP has been a bit short on (pun intended), it's real advice for how to maximize your SMV and succeed as an ethnic minority or short dude. I hate the "I'm Indian/Short therefore I'm fucked" posts as much as anyone, but "stop bitching about it" from a chorus of generally white, tall guys isn't terribly constructive either.

SuckOnMyBigRedPill • 9 points • 15 July, 2015 01:57 AM [recovered]

The point is if it's something you can't change (other than improving posture) your time is better spent on fixing what you CAN change. Eg style and dress sense, hair/facial hair, game, losing weight if you're fat, lifting, developing abundance mindset, finding hobbies you're passionate about, earning \$\$\$\$, finding positive and loyal male friends to bond with, etc.

If you're a tiny short dude you kinda have to forget about it and ignore it completely. Pretend your shortness doesn't even exist. Yes, a lot of women will instantly disqualify you without a second thought, but women are fickle bitches who do that to EVERYONE. I have red hair, quite a few women have rejected me instantly for being a ginger. I could whine about it (or hell, dye my hair) but who cares? There are plenty more women around to replace the one who rejects you.

squarehead93 • 5 points • 15 July, 2015 05:26 AM [recovered]

If you're a tiny short dude you kinda have to forget about it and ignore it completely. Pretend your shortness doesn't even exist.

Precisely. The most successful "really short" guys I knew seem like they would have been completely unaware anyone noticed, therefore their words, body language and outlook reflected a more confident attitude. I feel it'd be better to not even realize shortness is an issue

and assume you have as good an opportunity you have as anyone to succeed. In other words, if you can absolutely and truly convince yourself you're the shit, many others will believe it too.

[deleted] • 1 point • 18 July, 2015 08:21 PM

Take Peter Dinklage for example.

cocaine_face • 1 point • 15 July, 2015 09:34 AM

This is completely consistent with my experience, as a relatively tiny short dude.

I was a bit socially isolated as a kid (and terrible with women, as most of us here were), and didn't really realize that height was a thing for women until my early 20s. Because of that I never grew up thinking I was short or having any sort of short-related anxiety.

Guys that are short, and know it, and are bothered by that fact are immediately visible to women. If you really, really don't give a fuck, it matters far less.

If you're convinced that you're better than the taller guy you are competing against, there's really no issue. It also helps to not be intimidated by taller guys - and trust me, taller guys will try to use height to intimidate you.

Don't let them do that, or exert dominance (best way to explain it) over you because you're short. They're not more valuable than you, and you shouldn't fear conflict with them.

DumbledoresFerrari • 7 points • 14 July, 2015 09:47 PM

Obviously being a famous millionaire overrides nearly anything, but that's not an option for most people.

[deleted] • 4 points • 14 July, 2015 09:14 PM

I'm pretty sure Verne Troyer isn't a virgin, so bitching about height gets no sympathy.

chapaholic • 2 points • 15 July, 2015 02:05 AM

I've noticed that it's always good to have strong men around you. When I was younger my father pushed me continuously to become a leader even though I didn't want to be. I have really strong ass hole type friends who are there who sometimes just stop and tell me. Stop being a fucking pussy. Fuck the girl such and such. Etc etc. It's really hard to be a strong person all the time. It definitely helps to have other strong people around you to wake you up when you fall in a slump.

[deleted] • 2 points • 15 July, 2015 08:11 AM

When I read what the first guy wrote, I thought it was a woman typing. I see what you mean.

Also, 'Noh Wang'. Kind of a fitting name, isn't it? Same goes for "Dam Sun", who's next? Ho Lee Fuk?

7figgasniggas • 2 points • 15 July, 2015 12:31 PM

There's Sum tin Wong with the kind of humor you're using there buddy

LuckyLuke23 • 2 points • 15 July, 2015 11:13 AM

i get where you are coming from man. but sometimes you have to realize in this dudes world being a " bitch" is ALL HE KNOWS

he doesn't know any better, sure he might need some tough love, but don't for get most noobies are like this at

the start.

SilentForTooLong • 2 points • 15 July, 2015 11:54 AM

Why do you perpetuate the shitty culture of giving women everything while spitting on your fellow men?

Fuck you, you're a piece of shit. No better than the fucking Feminnazi's out there.

ykwihyd • 1 point • 15 July, 2015 01:38 PM

Everyone in this sub want to be alpha as fuck. Swearing and all, talking like a man. Fuck like a man and help a man like a man while not giving any real advice as a man because fuck you bitch. I'm alpha as fuck and the more bitches I fuck the more alpha i appear which in turn, get me more bitches to fuck. If you're a man and act not like me, you too will be my bitch because i'm a man with viking dick whose sole purpose is to fuck bitches with the said dick and fuck everybody else. I'm alpha.

/

Yamuddah • 2 points • 15 July, 2015 11:59 AM

Saw a link to this sub in some comments and came for the insanity. You guys made my day.

[deleted] • 2 points • 15 July, 2015 02:31 PM

Then I will fuck that bitch so deeply that whoever pulls me out will be declared King of All England and Scotland, and things won't seem so bad anymore.

Such a great line, cracked me right up. Xcalacock!

Count_Joshoo • 2 points • 15 July, 2015 02:58 PM

You wake up every day like this?

Nastapoka • 2 points • 14 August, 2015 04:51 PM

pats OP on the head

yeah yeah don't worry boy, you've got a big pee pee

machimus • 5 points • 14 July, 2015 08:40 PM

"I just came here for advice and you're being a BULLY!"

You got advice, good advice about manning up, and you go around downvoting and arguing with rationalizations? Some guys aren't worth helping.

GayLubeOil • 5 points • 14 July, 2015 11:57 PM

Test Cyp and Tren isn't a recommend first cycle maybe we can start with Test Dbol Deca get him looking like Chong Li

yummyluckycharms • 1 point • 15 July, 2015 12:48 AM

Agreed - but to be honest - supply issues can sometimes rear their ugly head. Most people get their roids from either the gym or a friend - but what happens when their dealer moves away?

[deleted] • 2 points • 15 July, 2015 02:03 AM

Just a theoretical question, how/who would an individual ask about some anabolics? I don't have any friends into body building so it would have to be a cold approach at the gym. It's weird I could get just

about any mood altering substance 24/7 but I wouldn't know how to go about procuring test or win or anything.

*By I I mean someone who isn't me.

undead_keyboard • 1 point • 15 July, 2015 04:32 AM

I have the same completely theoretical question that in no way actually pertains to me about how to get a hold of this.

BlueChilli • 1 point • 15 July, 2015 05:04 AM

I'm going to ahead and point out there's an entire subreddit dedicated to the theoretical study of lab rats. Now I'm not saying the name of this is steroidsourcetalk but ya know...things happen.

yummyluckycharms • 1 point • 15 July, 2015 04:41 AM

Getting steroids or even nootropics can be exceedingly tricky.

When I was going to a public gym, it was very common to see guys taking the butt shots while there, and it was pretty common to see guys pass on a name and a number. A simple question as to how the drug working for them and simple banter was all that was required.

To be honest, I wish I knew then what I know now, as I used to think steroids were bad for you, but they are so ubiquitous now, that I think most people can manage the risk. If you have bitcoin, you can always try the darknet reddit, but tbh, finding a stable, easy to pay source for roids or nootropics is quite difficult. Plus customs in some countries (such as canada) can be tricky as they often put some companies on hot lists for banning incoming mail.

If anyone can offer suggestions, I'm all ears

Senderious • 1 point • 15 July, 2015 12:09 PM

a friend of mine went to a gym and talked to a lot of people jn the gym. There was a guy over there that trained guys for BB tournaments. My friend asked if he could train him. He did and provided him the roids he needed. He's pretty big right now but I prefer the natty route though.

[deleted] • 2 points • 15 July, 2015 06:00 AM

It's extremely easy to buy them online.

GayLubeOil • 1 point • 15 July, 2015 01:09 AM

The internet

[deleted] • 1 point • 15 July, 2015 06:00 AM

I don't think Deca is really a good idea for a first cycle either :/

GayLubeOil • 1 point • 15 July, 2015 06:11 AM

Typical first cycles are usually Test Cyp Dbol or Test Prop Winny. Im not a fan of deca either.

Whisper[S] • 1 point • 15 July, 2015 06:22 AM

You're probably right. I had Tren on the brain because I'm studying up on it right now, thinking of adding it to my repertoire.

Speaking of which, a lot of readers here would probably benefit from "GayLubeOil's Quick and Dirty Guide

to Beginning and Intermediate AAS cycles", or some such.

[deleted] • 1 points • 15 July, 2015 07:49 AM

[permanently deleted]

randomuserwot • 1 point • 15 July, 2015 01:21 PM

I can't even imagine what real Tren feels like. The pathetic Prohormone Tren already fucked me up good. Tren is kind of like meditating below a waterfall, you have to stay calm under all the pressure it puts on you. Nightsweats and insomnia are the least worry, though of course they amplify the psychological strain it puts on you. I've read that proper Prolactine suppression may resolve this problem. Other ways of going at it include lower/higher test to tren ratios.

[deleted] • 1 points • 15 July, 2015 08:11 AM

[permanently deleted]

randomuserwot • 1 point • 15 July, 2015 01:25 PM

At a certain age (about 40) anyone should take Test and HGH imho. That's one of the areas where America is really progressive. Simply walk into an anti-aging clinic and you'll get a legal prescription for both. Of course supranatural dosages won't be included, but maybe cheating a little is possible (or just tell the doctor, they sometimes listen). Just take a look at Sylvester Stallone. Sure, he's had some surgery as well, but for his age his body is still quite good!

[deleted] • 5 points • 14 July, 2015 09:48 PM

This. Fucking this. The only place I've seen men talk like fucking men and behave like fucking men, was Europe(And maybe the south USA). America was too settled with feminism. This is also a nice quote; "We're a generation of men raised by women. I'm wondering if another woman is really the answer we need."

[deleted] • 3 points • 14 July, 2015 10:14 PM

Funny after i got into red pill i also got into roids in particular test-prop. Life has changed to the point that my previous self is nothing but a memory.

animalmind • 4 points • 15 July, 2015 02:12 AM

I need some clarification about the idea behind these statement...

"Man up", "Don't be a pussy", "I don't give a fuck about your feelings or problems", "Suck it up, bitch".

What's the logic behind these statements? What is the intended result?

What's wrong with caring about someone's problems or feelings? Does caring about another's problems and feelings make me not a man? I don't aim to coddle anyone or feed into their delusions, but also don't want to be an asshole.

Whisper[S] • 3 points • 15 July, 2015 05:35 AM

What's wrong with caring about someone's problems or feelings? Does caring about another's problems and feelings make me not a man?

It's not about *should*, it's about *will*.

Humans are hardwired to be sympathetic to women, and not to men. You and I are no different. It's not that there's some redpill "rule" about not coddling a crying man. It's that humans, me included, you included, are

hardwired to feel contempt, not pity, when they see a man showing weakness.

So if a man wants help, he needs to talk like Dam Sun, not Noh Wang. He'll get the best results talking like Long Wang, of course. But if he can be Long Wang, he doesn't need too much help. But everybody can be Dam Sun instead of Noh Wang, because those two are in the same logistical position.

Dam Sun just uses man-talk to get respect, instead of woman-talk to try (and fail) to get sympathy.

animalmind • 2 points • 15 July, 2015 05:53 AM

I agree in a way, because I know I would be harder on a man than a woman, but I can't completely agree because I have been a little bitch, so it would be wrong of me to ignore a man that is in a similar situation.

Whisper[S] • 6 points • 15 July, 2015 06:18 AM

In think it's best if you calibrate that. Your desire not to be a hypocrite, and to extend to others the same understanding you would like for yourself, speaks well of your character, but remember that what people *want* and what people *need* are often two very different things.

Noh Wang *wants* to be comforted and told it's all right, mommy loves him just the way he is. He wants that because it will soothe his immediate emotional pain. But if you give him that, what have you done? You've rewarded him for using an ineffective strategy that will hurt him in the long run.

Comforting men doesn't really work. They still feel awful, because deep down they know they are not being proper men. They don't want sympathy. They want respect.

The way a man actually feels better to get a small victory under his belt. Then he can take that energy and hope and go on to get a slightly bigger one. And eventually he can become a man he is proud to be. But his involves going way out of his comfort zone.

My role as a mentor here is like that of a surgeon. Most surgeons are narcissistic sociopaths. They have to be. Because a decent human being, like you, sees someone else in pain, and wants to give them morphine and comforting words, to stop the pain. It's only a Dark Triad "monster" who can bear to cut into that person with a knife instead... even if, intellectually, *both* men know that this is what needs to be done.

If you wish to be the kind of man who does what needs to be done, and actually fixes shit that's gone wrong, then you must cultivate the ability to (temporarily) shut off your empathy when it is counterproductive. And you must cultivate the wisdom to know when that is.

animalmind • 1 point • 15 July, 2015 07:02 AM

I think I understand, and can appreciate, the kind of wisdom you're talking about. I haven't had any men in my life, so my communication style is modeled after woman. Woman want their feelings validated, for example.

I still think there is something positive to be said about validating feelings, but not coddling those feelings. Coddling does more harm than good. I would say something to the effect of: "I see what you're going through sucks, but if you want it to not suck, you need to toughen up and do something about it, because the world doesn't give a fuck."

[deleted] • 1 point • 15 July, 2015 09:01 AM

Comforting men doesn't really work. They still feel awful, because deep down they know they are not being proper men. They don't want sympathy. They want respect.

So fucking true! I always got stronger after my biggest failures. It's like you know that in order to survive, in order to pass your genes successfully you must be better. I think it's a manifestation of the natural male instinct.

Personally I get more motivated reading posts like this than posts with comforting words like: "You can do it, believe in yourself, blah blah". It never made me feel better and it never worked for me and I never knew why.

Riddick_ • 2 points • 15 July, 2015 04:12 AM*

Because. He Mr. Viking thinks that walking with his balls hanging out on the internet is a BP fashion statement. So much victory for railing on a poor beta.

[deleted] • 3 points • 14 July, 2015 08:31 PM

I have no idea if this was a personal message and was intended to be private, or simply satire - but was still unable to restrain my laughter reading this. You raise a valid point though, as I recently saw a good friend of mine literally crying over an abysmal mark in a test and felt that even subconsciously I had lost all respect for him. It's nice to see that even that has some TRP theory behind it.

Very interesting read that points out some of the fundamental differences between men and women, and how we perceive them. Well written.

niceandy • 3 points • 14 July, 2015 10:54 PM

Womyn don't want you because you have Noh Wang.

[deleted] • 2 points • 14 July, 2015 09:09 PM

[permanently deleted]

Devilentz94 • 8 points • 14 July, 2015 09:39 PM

Honestly I like this subreddit, but people like you make me question why I come here...

pdpbigbang • 31 points • 14 July, 2015 10:03 PM

Asian here. I don't mind the faggotry here and there. Only pussies call for 'political correctness' and 'let's all hold hands and sing kumbaya' bullshit. I personally think all the rest of the races are hilarious in their own way, starting with white people who usually have their heads up in their asses. This is men's space, I'm sure they can take it as they can dish it out.

Devilentz94 • 2 points • 15 July, 2015 12:58 AM

Fair enough, I can agree with that. I am on this subreddit to better myself. I guess that includes getting better at not giving a fuck, but still, racism doesn't really seem to be pertinent to this page

pdpbigbang • 2 points • 15 July, 2015 05:36 AM

Racism is just their reflection of insecurity. The weak usually resorts to insults/racism/offensive language to bring others down so they can have the illusion that they're better. Pity the weak, but saying 'you can't do that' will only give them more power, just like how the girls would deem you weak for not passing their shit test. Agree and amplify just like how you treat bitches, because that's pretty much what these people are.

UrsusG • 8 points • 14 July, 2015 09:47 PM

You do realize his entire post is a quote, right?

RedSunBlue • 6 points • 14 July, 2015 09:56 PM*

It's It was the top voted comment yet it has nothing to do with the content of /u/Whisper's post besides the fact that they both play on Asian stereotypes.

vacationlife- • 3 points • 14 July, 2015 10:45 PM

"it has nothing to do with it except this thing that it has to do with it"

oh... ok

tits_out_forTheBoys • 13 points • 14 July, 2015 10:16 PM

Being offended, the new American pastime

akrebsie • 2 points • 15 July, 2015 12:24 AM **[recovered]**

Being offended is a loud helpless plea for others to acknowledge and fix their own interior feelings.

linky00 • 2 points • 15 July, 2015 08:44 PM

Holy shit I just stumbled into a crap part of the Internet.

jatora • 2 points • 15 July, 2015 11:30 AM

Wow OP. You sound like you're posturing hardcore trying to pretend to be alpha. Absolutely pathetic. Fuck off, pussy.

theHangedGod • 1 point • 15 July, 2015 03:14 AM

Bitch talk is just the flag of submission.

Men and women talk for sympathy to show you they're no challenge to your share of the food, women, and respect so you won't challenge them and they can save face.

There's less embarrassment in submitting voluntarily than being forced into submission.

midnightbean • 1 point • 15 July, 2015 04:12 AM

Why must this post be on roids though.

Long, Noh, whatever needs to get off the teet. That's it.

You will always notice that when you start telling people your problems, even if you're just making conversation, they will assume the role of helping you, controlling you, dominating you, etc. You have to practice not giving someone your empathy when they make joke that isn't funny. Practice not making sure people are comfortable, make them uncomfortable. Stick up for what you believe in, tell people you disagree with their viewpoint while laughing with them and having a blast. The muscle is important but right now it's getting off the teet. You can lift and still be on the teet, and then your lifting will become passive like you're there to get a pump and take a selfie for Instagram.

Don't tell people you're problems. Face them, move along, deal with your darkest most troubling fears. You have to have experience with dealing with trouble before you're the kind of person who others look for when they're in it.

yodaddy2 • 1 point • 15 July, 2015 05:20 AM

I think it's true that he needs to strengthen himself, but it's unreasonable to immediately pull the "pussy father"

card.

SeekingTheWay • 1 point • 15 July, 2015 07:53 AM

very good article. never been in a place that dark as our long dong wong but still resonates with me.

kfpwswf • 1 point • 15 July, 2015 08:43 AM

OP, I've been there and know what your hypothetical short man is going through. Agreed that 'Man up!' is probably the most succinct advice you can give to an individual, but no matter how many times you scream this into his face, it won't help. Years of going back home and sobbing into his pillow has hardwired victimhood into this person. It won't ever occur to the person that by making small changes to his lifestyle, he can slowly but surely achieve a better life. Instead, the changes he is expected to make seem insurmountable to him, he loses hope and goes back to crying into his pillow.

People like him need a period to un-condition himself. A period of dormancy where he slowly realizes that life doesn't owe anyone anything, that he is privileged to have been born without a serious handicap and that his life henceforth will be purely dependent upon the choices he makes.

[deleted] • 1 point • 15 July, 2015 02:34 PM*

I grew up with an absent pussy as a father.

I spent all my life searching for people to parent me and fix my emotions, to find a secure safe place in the arms of powerful and strong people. That's one of the way in which feminism and a feminine only environment help raising boys like girls. My mother instilled in me a strong fear as soon as I could understand what she was saying and taught me to lean on someone else in case of need. This magic bullet of other people fixing my problem doesn't exist, of course, and it made me even more desperate to get the help I thought I should get when those people didn't reciprocate with what I expected.

Now I just suck it up. It's horrible but I discovered I feel worse when I wait for someone else to fix me and that things doesn't objectively improve anyway. At one point I discovered that no one would parent me anymore. Even my mother stopped doing so, telling me to "suck it up". Worse : I would have to be the one doing some parenting for my girls now. It feels awful because I feel like a child who is forced to put man's clothes on and I feel unqualified for the job. But on the other hand, I'm glad things are that way. Although it hurts to walk the lonely path and to endure alone without complaining it makes me feel like I am at least taping into my purpose as a man. Even if it's hard, at the end of the day I feel proud of myself. Plus, fixing things by myself gives me a huge adrenaline rush...things are not so bad after all. All I ask for now is guidance and advices. Not "PLEASEIAMSOSADFIXMERIGHTNOWORIWILLDIEPLEASE" anymore.

They can't, anyway.

foldpak111 • 1 point • 15 July, 2015 04:51 PM

Being 5'1" would be brutal.

yelnats25 • 1 point • 15 July, 2015 05:18 PM

If a girl is crying and begging for help over a little problem, I won't help her.

CAPTQUANTRILL • 1 point • 16 July, 2015 04:07 AM

OP i get the impression that your view is that feelings are something undesirable or at the least makes you a pussy if you express them (shamefully)

Nothing is wrong with having feelings, how you deal with them is whats key. To these beta bitches, all they

know is to cry like a little bitch. They cant help it. Its in their instilled nature. Thats what seperates us from them. You can be a bitch for life, or you can throw your hat in and be a fucking man. But hiding and denying your feelings is just going to make you yell at your kids dude. We're all human. Feelings are human, just gotta show some goddamn stoicism

[deleted] • 1 points • 15 July, 2015 01:03 PM

[permanently deleted]

CrazyHorseInvincible[M] • 1 point • 15 July, 2015 11:14 PM

Gay guy, and obvious non-subscriber here.

So, in summary, you have no desire to have sex with women, no idea how to go about doing so, no experience doing so, and also no understanding of the culture or social mores of this subreddit, no idea whether any of this shit works or not, but you've spent *multiple minutes* reading, and you're here to *share* your immediate emotional reactions with us, because you're a *special unique snowflake* and *your opinion is important* just because it's yours.

You're not for real, son. You haven't walked the walk. You're just repeating what other people have told you, which makes you nothing more than a high-maintenance substitute for a recording device, except with the added feature of knee-jerk emotional reactions.

I think you're done here. I don't really see what you could possibly contribute. Not to mention that failure to read the rules before posting is a bannable offense. Off you go.

Hemp420 • 1 point • 15 July, 2015 02:40 PM

I don't respect steroid users...

P_Ferdinand • 1 point • 15 July, 2015 03:59 PM

God, this is the most boring fucking attitude on the face of the earth. Just reading it makes me want to dose away. Hopefully this 'alpha male' shit is only a fad and people will realize that you don't have to fit some bullshit mold as a person

[deleted] • 1 point • 14 July, 2015 10:14 PM*

TL;DR don't talk men like you or they are bitches. Don't talk to women like you are a bitch. Talk to women with authority in your voice. Talk to men like a man

When you are around AMOG your T naturally lowers as a defense mechanism. This stops the AMOG from having to kill an otherwise productive member of the tribe. This is why lions apes and other males have to strike out as juveniles. They will be forced out if necessary.

The likelihood that a modern day alpha in the west is going to kill you is very low. You may get into a fight. But I'm most places you can talk like a man to the AMOG. You feel the bitch voice and you should overcome it.

In bed women do what you tell them to do. They love it. You don't need to ask. Don't talk to a woman with baby voice or bitch voice. Your beta boxing yourself

IndyBrodaSolo • 1 point • 14 July, 2015 11:21 PM

<http://youtu.be/tgcA8WUK1qM>

[deleted] • 1 point • 14 July, 2015 11:34 PM

When men are willing to help themselves, I'm willing to spend days at a time PMing them and giving

personalized advice and detailed break downs of theories. I'm happy to do it for any number of reds who I've never even talked to before. But I just CANNOT understand the little bitch boys who bitch at me that they're the wrong height, the wrong race, or whatever. Yeah, I get it those things suck. Being tall and white is a huge advantage. Thing is, nobody's got a strategy to fully overcome those disadvantages other than just being reaaaallly good at red pill. So, you'd think the answer is to become reeaallly good at red pill and get 50 notches when a tall white you might get 100.

But no, the answer is so unbelievably often to wind up in my inbox bitching about how hard life is and then insult me when I stop responding or tell him he's a bitch. People think the red pill is that life is miserable, dark, and pissy. That's not the red pill. The red pill is that there's not a "the one" out there for you and you have some serious work to do to compete for pussy; it's not that pussy's hard, but really just that you have some serious work to do. When you notice you're behind in a race you can't afford to lose, the answer isn't to bitch that the others got a head start. It's to haul ass to the front of the line.

through_a_ways • 1 point • 15 July, 2015 02:56 AM

People think the red pill is that life is miserable, dark, and pissy

That's exactly what the red pill is, for most people, because they've been indoctrinated into a first world disneyfied existence for 18 years of their life.

bnft • 1 point • 15 July, 2015 01:45 PM

Hahahahah the best one today! :D

[deleted] • -1 points • 14 July, 2015 09:09 PM

[permanently deleted]

ctkim • 6 points • 14 July, 2015 10:13 PM [recovered]

so after meeting a few chinese guys, you think all chinese guys are like that? you should get out and travel more.

sinfulmentos • 2 points • 15 July, 2015 02:00 AM [recovered]

first and foremost, you're being a bit too oversensitive here bro

secondly, he said "they" as to refer to the small dozen of Chinese men he met so he actually isn't even attacking Chinese guys as a whole

thirdly, let me say that even if he was doing so, why care so much? Ignore it. Don't let it get under your skin. Getting butthurt and offended is for betas and women. They aren't talking about you, it literally shouldn't even move you. All you need to do is do you, be the exception, in fact, it even gives you bonus points to be the jacked, dominant, successful asian male. You now stand out, you're interesting, you're different, you grab everyone's attention.

[deleted] • 1 point • 14 July, 2015 10:35 PM

I'm a Chinese-Sindhi mixed dude.

[Shrug]

adboetras • 0 points • 15 July, 2015 03:02 AM

Youre so sick person mr. alpha

[deleted] • -9 points • 14 July, 2015 08:53 PM

[permanently deleted]

IoSonCalaf • 13 points • 14 July, 2015 09:12 PM

Why does this keep getting downvoted? You can't argue with the logic!

darkrood • 3 points • 14 July, 2015 11:36 PM

That would only work if his goal is becoming a tranny.

Good trolling, though

ECoast_Man • 0 points • 15 July, 2015 12:47 AM

Couldn't agree more. I hate the faggoty, whiney posts more than even the other BP shit that shows up here (talking about movies and shit).

I spent over a year on this sub, before I made even one post. And that post dealt specifically with a trend I saw with women. Everyone should view this sub as - I haven't seen this lesson taught here yet, so I'm going to post something with at least a semblance of originality.

Dr_HoaxArthurWilmoth • 0 points • 15 July, 2015 02:03 AM

Been a while since I have read a quality post. Well done.

[deleted] • -1 points • 15 July, 2015 04:23 AM

My failings and shortcomings in life are not because of my actions but because of my external environment and the unfairness of life.